

Back Care Basics

Your back bears much of the weight and stress of your body. It's no wonder that back pain is so common. In fact, four out of five adults have at least one bout of back pain sometime during their life.

The first line of treatment for most types of back pain is self care. You can:

Apply cold and heat: For the first two days after an injury, use cold compresses on the sore area. On day three, try warm compresses, heating pads, or hot baths or showers for 20 min. at a time

Take over-the-counter pain relievers: Acetaminophen (Tylenol or others) may help control pain, while ibuprofen (Advil, Motrin, or others) can help relieve pain and reduce inflammation

Avoid heavy lifting, pushing or pulling, repetitive bending and twisting

Do gentle stretching exercises

Get a massage